



## **August is National Breastfeeding Awareness Month**

Every woman's journey to motherhood is different, but one of the first decisions a new mom makes is how to feed her child.

The purpose of this month's health observance, which is funded by the U.S. Department of Health and Human Services, hopes to empower women to commit to breastfeeding by highlighting new research showing that babies who are exclusively breastfed for six months are less likely to develop ear infections, diarrhea and respiratory illnesses, and may be less likely to develop childhood obesity.

Those who choose to breastfeed make an investment in their baby's future. Breastfeeding is making the food that is perfect for their baby. Breast milk gives a baby the healthy start that will last a lifetime.

Below are some links to resources to help better support breastfeeding in the workplace.

- <http://www.usbreastfeeding.org/Employment/WorkplaceSupport/tabid/105/Default.aspx>
- <http://www.usbreastfeeding.org/Portals/0/Publications/Workplace-2002-USBC.pdf>
- <http://www.cdc.gov/breastfeeding/index.htm>
- <http://www.fitpregnancy.com/baby/breastfeeding/breastfeeding-awareness-month>